

..... **PERCEIVED HEALTH STATUS**

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	<u>%</u>	<u>(+/-)</u>	<u>%</u>	<u>(+/-)</u>	<u>%</u>	<u>(+/-)</u>
• Health in general is:						
Excellent or very good	56	2	62	2	42	3
Good	31	2	30	2	34	3
Fair or poor	13	1	8	1	23	3
• Number of days during the past 30 that your....						
...mental health was not good:						
0 days	57	2	52	2	69	3
1-5 days	24	2	29	2	14	2
6-30 days	17	2	18	2	14	2
...physical health was not good:						
0 days	59	2	60	2	55	3
1-5 days	24	2	26	2	20	3
6-30 days	16	1	13	2	23	3
...health kept you from doing your usual activities (persons with 1+ days poor mental/physical health):						
0 days	62	2	64	3	57	5
1-5 days	23	2	25	2	18	3
6-30 days	14	2	11	2	23	4

(+/-) = 95% confidence interval

..... TOBACCO USE/OPINION

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	<i>%</i>	<i>(+/-)</i>	<i>%</i>	<i>(+/-)</i>	<i>%</i>	<i>(+/-)</i>
TOBACCO USE						
• Current cigarette smoker	24	2	28	2	15	2
Percent of smokers who quit smoking 1 day or longer in past year *	48	4	47	5	52	9
• Former cigarette smoker	27	2	21	2	41	3
TOBACCO OPINIONS						
• Smoking in indoor work areas should be allowed:						
...without restrictions	1	<1	1	1	2	1
...only in designated areas	32	2	35	2	24	3
...not at all	66	2	63	2	72	3
• Smoking in restaurants should be allowed:						
...without restrictions	3	1	3	1	3	1
...only in designated areas	43	2	46	2	36	3
...not at all	52	2	50	2	58	3
OTHER RISK FACTORS FOR CHRONIC DISEASE						
• Overweight (BMI) t *	56	2	52	2	64	3
• No leisure-time physical activity in past month	22	2	19	2	29	3
• Servings of fruits and vegetables consumed per day:						
...Less than 1	6	1	7	1	4	1
...1-2	39	2	44	2	25	3
...3-4	34	2	31	2	40	3
...5 or more	22	2	18	2	31	3
• Health professional has ever diagnosed:						
Arthritis	23	2	12	1	49	3
Diabetes	6	1	3	1	14	2

* See Technical Notes

t Body Mass Index

..... FINDINGS FOR SELECTED YEARS

	2000		1995		1990	
	%	(+/-)	%	(+/-)	%	(+/-)
Health Screenings						
• In the past year had....						
...routine check-up	64	2	67	2	62	2
...Pap smear (F)**	65	2	58	3	na	na
...clinical breast exam (F)	69	2	64	3	63	4
...mammogram (F 50+)	65	4	50	4	39	6
Risk Behaviors						
• Current cigarette smoker	24	2	22	2	25	2
<i>Males</i>	24	2	24	4	26	4
<i>Females</i>	24	2	19	3	23	4
• Overweight (BMI) t *	56	2	52	2	47	3
<i>Males</i>	67	3	64	3	57	4
<i>Females</i>	45	3	42	3	37	4
• In the past month....						
...had 60 or more drinks	5	1	4	1	5	1
<i>Males</i>	8	2	8	2	9	2
<i>Females</i>	2	1	1	1	2	1
...had 5 or more drinks on one occasion	25	2	23	2	27	2
<i>Males</i>	36	3	35	4	40	4
<i>Females</i>	15	2	12	2	15	3
...drove after having too much to drink	5	1	5	1	6	1
<i>Males</i>	7	1	7	2	9	2
<i>Females</i>	3	1	2	1	3	1

na = Not asked

** Excluding women who have had a hysterectomy

TECHNICAL NOTES

The Behavioral Risk Factor Survey is a representative, statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed by the Bureau of Health Information in cooperation with the U.S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the University of Wisconsin Survey Center.

In 2000, 1,899 respondents were 18 to 54 years old, and 822 were 55 or older. There were 2,210 respondents in 1995 and 1,260 in 1990.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (56%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (54%-58%).

The Centers for Disease Control and Prevention provided the following definitions:

- **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 25.0 is considered overweight. **This is a change from past years when a BMI greater than 27.3 for females and 27.8 for males was considered overweight. Estimates for all years shown in this publication were recalculated to reflect this change.**
- **Current smokers** are those who smoke currently, either every day or only some days, and have smoked more than 100 cigarettes in their lifetime.
- The percentage of **smokers who quit for 1 day or longer in past year** is based on those who smoke every day (those who smoke only some days are excluded).
- A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.
- The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults have never been tested.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFSS, call Karl Pearson at 608-266-1920. For other health data, visit our Web site at <http://www.dhfs.state.wi.us/stats/index.htm>.

Health Counts in Wisconsin

New Findings from the Bureau of Health Information

BEHAVIORAL RISK FACTORS

2000

Division of Health Care Financing
Department of Health and Family Services